













Cold Appetizers

-  **“Goi Cuon”**    *Mekong* 9.000
Fresh Vietnamese Spring rolls with prawns (N, S)
 Rice paper | prawn | rice vermicelli noodles | lettuce | basil
 julienne carrot | mint | cucumber | coriander | fresh chili
 peanut | Vietnamese dipping sauce
- “Hu Tieu Bo Nướng”**  13.000
Angus beef salad with noodles (G, S)
 Grilled Angus beef tenderloin | rice vermicelli
 noodles | cucumber | cherry tomato | red onion
 coriander | spring onion | chili
-  **“Som Tum”**    *Mekong* 8.000
Spicy Thai green papaya salad (N, S)
 Shredded green papaya | dried shrimp | tomato |
 carrot | garlic | chili | long bean | peanut | palm
 sugar | tamarind dressing
- “Pla Lui Suan”**  10.000
Fried fish salad with lemongrass (G, N, S)
 Fresh local fish | lettuce | chili | lemongrass | coriander |
 spring onion | cherry tomato | cashew nut

Hot Appetizers

-  **“Spicy Crispy Beijing Prawn”** (D, G, N, S, C) 10.500
 Tiger prawns | chili mayonnaise | cornstarch butter
 coriander | spring onion | sesame seed
-  **“Poh Pia Tod”**  *Mekong* 9.000
Homemade Thai vegetable spring rolls (G, V)
 Spring roll wrapper | mixed vegetables julienne |
 spring onion | celery | onion | glass noodles
 sweet chili sauce
- “Gai Satay”**  8.100
Chicken satay (D, G, N)
 Chicken | galangal | coriander seed | soy sauce | garlic
 onion | lemongrass | honey | turmeric powder | curry
 powder | sesame oil | peanut sauce | achar sauce
-  **“Mueg Tod Prik”**   10.000
Spicy deep-fried calamari (D, G, N, S, C)
 Calamari | salt and pepper flour | dried chili
 spring onion | coriander | garlic | cashew nut
 sesame seed
-  **“Thod Mun Goong”** *Mekong* 15.000
Deep-fried prawn cake with plum sauce (D, G, N, S)
 Minced prawn | garlic | coriander | egg | bread crumb |
 sesame oil | plum sauce | butter

Mekong Chef's recommendation

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Half Board / Full Board supplement OMR 5 Per Person



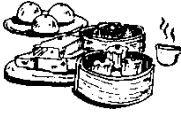

Soup




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“Pho”  9.000
Authentic Vietnamese beef broth (G, S)
 Rice noodles | aromatic beef broth | slow-cooked Angus beef | coriander | basil | mint | spring onion | lime | leek chili sauce
- 




“Tom Yum Goong”  *Mekong* 10.000
Traditional spicy prawn soup (D, S)
 Prawns | button mushroom
 lemongrass galangal | coriander | kaffir lime leaf
 lime juice | chili oil | cherry tomatoes
- “Tom Kha Gai”** *Mekong* 8.000
Chicken coconut milk soup (D, S)
 Boneless chicken | coconut milk | button mushroom | cherry tomatoes | coriander | galangal | lemongrass | kaffir lime leaf | lime juice | chili oil

Homemade Dim Sum

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“Ji Rou Shui Jiao”  8.000
Steamed chicken dim sum (G, N)
 Minced chicken | ginger | garlic | coriander | sesame oil
 spring onion
 - “Xia Rou Shui Jiao”**  9.600
Steamed shrimp dim sum (G, N, S)
 Minced shrimp | ginger | garlic | spring onion | coriander
 sesame oil
 - “Shūcài Shui Jiao”**  6.000
Steamed vegetables dim sum (G, N, S)
 Mixed vegetables | ginger | garlic | spring onion
 coriander sesame oil

Dragon Sizzling Plate

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- “Gai Phad Med Mamuang”**  *Mekong* 15.000
Sizzling stir-fried chicken with dried chili and cashew nut (G, N, S)
 Boneless chicken | dried chili | cashew nut | garlic | bell pepper | ginger | onion | capsicum | spring onion | oyster sauce
 - “Neau Phad Prik Thai Dum”**  18.000
Sizzling beef with black pepper sauce (G, S)
 Angus beef sliced | onion | bell pepper | black pepper
 garlic | ginger | spring onion | oyster sauce

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Mekong Specialties

-  **“Beijing Kao Ya”** *Mekong* 18.000
 Beijing style half roasted duck (G)
 Pancake | cucumber | leek | hoisin sauce
-  **“Bò Lúc Lắc”** *Mekong* 19.000
 Vietnamese shaking beef (D, G, S)
 Marinated Angus tenderloin cubes | garlic | bell pepper
 | onion | ginger | lettuce | mint | basil | oyster sauce |
 butter | coriander
-  **“Phad Kaprow Gai”**  15.000
 Stir-fried minced chicken with chili and
 hot basil leaves (G, S)
 Minced chicken | garlic | chili | hot basil | long bean
 crispy noodles | oyster sauce
- “Praw Wan Gai”** 14.000
 Sweet and sour chicken (G)
 Tender battered fried chicken | onion | bell pepper |
 garlic | ginger | pineapple | spring onion | sweet and
 sour sauce

Siam Curry

-  **“Gaeng Kiew Wann”**    *Mekong*
 Thai green curry (S)
 Authentic Thai green curry paste | coconut milk
 eggplant | sweet Thai basil | kaffir lime leaf
 Choice of
“Pak Ruam” Assorted vegetable (V) 11.000
“Gai” Chicken thigh 14.000
“Goong” Prawn (S) 15.000
- “Gaeng Phed”**   
 Thai red curry (S)
 Thai red curry paste | cherry tomato | pineapple
 grapes | eggplant | sweet basil
 Choice of
“Pak Ruam” Assorted vegetable (V) 11.000
“Gai” Chicken thigh 14.000
“Ped Yang” Roasted duck 15.000
- “Panang Goong”** (S)    19.000
 Thai red curry with tiger prawn and
 kaffir lime leaf
 Thai red curry paste | tiger prawns | coconut milk
 red chili | kaffir lime leaf
- “Massaman Gae”** (N, S)    15.000
 Thai southern-style curry with lamb
 and cashew nut
 Thai Massaman curry paste | cashew nut | onion
 star anise | cinnamon stick | potato

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Rice and Noodles



“Khao Phad Kai”

10.000

Thai fried rice with egg (V, G)

Jasmine rice | sweet corn | carrot | long bean dice | garlic | egg | spring onion | soy sauce

“Khao Phad Sub Pa Rod”

13.000

Pineapple fried rice with prawns (G, S, N)

Jasmine rice | pineapple | diced vegetables | cashew nut | garlic | curry powder | turmeric powder | crispy onion | egg | prawns | raisin

“Phad Thai Goong”   *Mekong*

13.000

Stir-fried rice noodles with prawns (N, S, G)

Rice noodles | prawns | white cabbage | carrot | onion | spring onion | peanut | egg | tofu | dried shrimp

“Rad Na Ta Lay”

14.000

Fried egg noodles with shellfish gravy (G, N, S)

Calamari | prawns | scallop | broccoli | cauliflower carrot | baby corn | shiitake mushroom | soy sauce | oyster sauce

Mekong River



“Pla Nuang Hor Bai Tong”   *Mekong*

14.000

Steamed fish in banana leaf (G, S)

Local fish | lemongrass | kaffir lime leaf | sweet basil onion | ginger | soy sauce | oyster sauce

“Pla Phad Bai Horapha”   *Mekong*

14.000

Deep-fried fish with sweet basil leaves (G, S)

Local fish | bell pepper | garlic | basil | oyster sauce | chili



“Salmon Yang Se Aiew”

16.000

Grilled salmon with shiitake mushroom and soy sauce (G, S)

Salmon | shiitake mushroom | leek | ginger | spring onion | garlic | soy sauce



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Lactose free,



gluten free,



Vegan,



Locally Sourced,



Chili.



Thailand



China




Vietnam

Mekong Vegetarian


Cold Appetizers

-  **“Goi Cuon”**  *Mekong* 8.000
Fresh Vietnamese Spring rolls (N)
Rice paper | rice vermicelli noodles | lettuce | julienne carrot | mint | basil | fresh chili | cucumber | coriander peanut | | Vietnamese dipping sauce
-  **“Som Tum Jay”**  8.000
Spicy green papaya salad (N)
Sharded green papaya | garlic | carrot | tomatoes long beans | peanut | palm sugar | fresh lime juice | chili | tamarind dressing
- “Labb Hed”**  9.000
Thai spicy mushroom salad
Button mushroom | roasted rice powder | chili flake onion | mint | spring onion | lime juice | coriander
- “Yum Tao Hoo”**  8.000
Thai spicy tofu salad (N)
Tofu | tomato | garlic | lime juice | chili | peanut | basil

Hot Appetizers

-  **“Pak Tod”** 7.000
Mixed vegetable tempura (N)
Button mushroom | sweet potato | asparagus spinach | eggplant | shiitake mushroom peanut sweet chili sauce
- “Por Pia Tod”** 9.000
Homemade Thai vegetable spring rolls
Spring roll wrapper | mixed vegetables julienne spring onion | celery | onion | glass noodles | sweet chili sauce

Soup

-  **“Tom Kha Jay”** 11.000
Mixed vegetables in coconut milk soup
Mixed vegetables | mushroom | tomato cherry galangal | lemongrass | kaffir lime leaf | lime juice coriander | chili oil

Mekong Green

-  **“Phad Thai Jay”** 12.000
Thai-style stir-fried rice noodles (G, N)
Rice noodles | mixed vegetables | white cabbage carrot | spring onion | peanut | tofu | tamarind dressing
- “Khao Phad Pak”** 8.000
Thai vegetables fried rice (G)
Jasmine rice | sweet corn | carrot | long bean diced onion | garlic | spring onion | soy sauce
- Phad Pak Raummit”** 7.000
Stir-fried mixed vegetables
Broccoli | cauliflower | carrot | baby corn shiitake mushroom | Chinese cabbage | soy sauce

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 Thailand

 China

 Vietnam

Desserts

-  **“Khao Niaow Ma Muang”**   *Mekong* 8.000
Aromatized sticky rice with mango
 Aromatized sticky rice | mango | coconut milk
 sesame seed
-  **“Sago Pudding”** 7.500
Tapioca with coconut and mango (D, G)
 Tapioca seed | mango | coconut | lychee
- “I-Tim Mochi”** 9.000
Mochi ice cream (D)
 Choose from the ice cream flavor below, covered by
 glutinous sweet dough serving 3 pieces
 Black sesame | green tea | vanilla | red bean | strawberry
- “Lemongrass Creme Brule” (D)** 8.000
 Lemongrass | fresh cream | egg | caramel
- “Pol La Mai Ruam”**   6.000
Seasonal fresh fruit sliced
 Watermelon | pineapple | papaya | melon
- “Selection of Ice Cream”** 4.000
Choose from the below ice cream flavor (D)
 Vanilla | chocolate | strawberry | mango

Farm-to-Table Concept:

At Al Baleed Resort Salalah by Anantara, we are dedicated to prioritizing sustainability. A variety of fruits, including coconut, sugarcane, and papaya, as well as a selection of vegetables and herbs such as bitter gourd, eggplant, long bean, coriander, rocket, cabbage, beetroot, chili, and tomato are proudly grown at the Al Baleed Farm, ensuring that our guests enjoy fresh and locally sourced produce. If you wish to visit the farm, please contact Spa and Recreation Team or dial. '8166/8167' from your room/villa.



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Healthy Drink



Sunrise

Carrot, apple, ginger, and turmeric.
High in vitamin A, Potassium, and antioxidants

5.000

The Palm

Banana, papaya, pineapple, cucumber, and coconut water.
Rich in vitamin C, protein, fiber, and manganese

5.000

Decadence

Banana, blueberry, chia seeds, cinnamon, and cacao.
High in fiber, calcium, antioxidants, and neurotransmitters to help lower cholesterol

5.000

Relaxing Sensation

Espresso	3.000
Macchiato	3.000
Americano	3.000
Hot chocolate	3.000
Café Latte / Mocha	4.000
Cappuccino	4.000
Double espresso	4.000
Iced Coffee	3.000
Iced Tea	3.000
Milkshake	4.000
Smoothies	4.000



Thai Iced Tea 3.000



Vietnamese Coffee 3.000



Bavaria (Non-alcoholic beer) 4.000

Herbal Tea

Herbal tea 5.000



Freshly Squeezed Juice

Orange	4.000
Lemon Mint	4.000
Watermelon	4.000
Whole coconut	2.000

Tea and Infusion

Strong Breakfast	3.000
Earl Grey	3.000
Darjeeling	3.000
Chamomile	3.000
Jasmine	3.000
Green tea	3.000



Soft Drinks

Coke	3.000
Coke Zero	3.000
Fanta orange	3.000
Ginger Ale	3.000
Sprite	3.000
Soda water	3.000
Tonic water	3.000

Energy Drink

Red bull 5.000

Water

	Small	Large
Still water	3.000	4.000
Sparkling water	3.000	4.000





Flaming Rickshaw 10.000

Dark rum | triple sec | lime juice | blueberry | green tea
 The word “rickshaw” comes from the Japanese word “jinrikisha” which translates to “human-powered vehicle”. The identity of the inventor remains uncertain with many people believing that an American missionary to Japan named Jonathan Scobie invented the rickshaw in 1869 to transport his invalid wife through the streets of Yokohama.

Tongue Tied 8.000

Lime leaf vodka | ginger syrup | ginger ale | lime juice
 Although Thailand’s capital is more commonly known as Bangkok, it has a much longer name that is made up of Pali and Sanskrit root words: “KrunghthepmahanakhonAmonrattanakosinMahintharayutt hayaMahadilokphopNoppharatchathaniburiromUdomrat chaniwetmahasathaAmonphimanawatansathitSakkathattiy awitsanukamprasit” This translates to: City of Angels, Great City of Immortals, Magnificent City of the Nine Gems, Seat of the King, City of Royal Palaces, and Home of Gods Incarnate, erected by Visvakarman at Indra’s Behest. Quite the tongue twister!



M-V-G-N-T 8.000

Gin | lemongrass | Lime Leaf | tonic
 Despite the wonderfully diverse landscape found in Vietnam there is a constant theme that runs through its beautiful cuisine which is its yin and yang of sweet and salty, the hot and cooling and its perfect balance of spice and aromatics. The freshness of each ingredient is regarded with the utmost of importance, with some of the top restaurants in Hoi An spending a large proportion of their wage bill on a market shopper who’s role is to locate the best ingredients amongst the chaos of the local markets.

94 Below 8.000

Gin | coconut water | spiced pineapple Juice Vanilla Ice Cream
 Although no specific person has been credited with inventing ice cream, its roots can be traced back to 200 B.C when people in China would eat a dish that consisted of rice mixed with milk that was frozen by being packed with snow. The Chinese King Tang of Shang is thought to have had 94 “ice men” who mixed flour, camphor and buffalo milk with ice.

An Elephant Never Forgets 10.000

Aperol | mango Puree | prosecco | cranberry
 Chopsticks are go-to piece of cutlery in China and date back to the Shang Dynasty (16th-11th century BC). King Zhou ordered his craftsmen to make chopstick from elephants’ teeth, which was seen to be the most luxurious in the early history of Chinese food culture. The one rule to remember when using chopsticks is to never stick them upright in a bowl of rice as this will bring bad luck.

Big Smile for Siam 8.000

Tequila | lime juice | papaya | ginger ale
 One of the most frequently used phrases in Thailand is “ Mai pen rai” which translates to “ Don’t worry” and has become the unofficial slogan of the country and is why Thailand is affectionately known as “ The Land Of Smile”.

WINE

By the glass



Sparkling	150ml
NV Scavi & Ray Prosecco, Italy	9.500
White	
Sauvignon Blanc	7.500
Chardonnay	7.500
Red	
Merlot	7.500
Cabernet Sauvignon	6.000
Rosé	
J.L Quinson, Cotes de Provence Rose, France	10.000
Dessert	75ml
Maison Sichel, Sauternes, Blend Bordeaux, France	15.500

RUM

Captain Morgan Black	5.000
Captain Morgan White	5.000
Bacardi Superior	5.000

VODKA

Smirnoff Red	5.000
Stolichnaya Premium	6.000
Absolut	6.000
Grey Goose	9.000

TEQUILA

Jose Cuervo Silver	6.000
Patrón XO Café	8.000
Patrón Silver	9.000
Patrón Reposado	12.000
Patrón Anejo	16.000

WHISKEY

Johnnie Walker Red Label	5.000
Johnnie Walker Black Label	7.000
Chivas Regal 12 YO	8.000
J&B Rare	6.000
Jack Daniel’s	7.000
Glenfiddich Gift 12 YO	8.000
Talisker Storm	10.000
Jameson	6.000
Jim beam	6.000

After Dinner

Courvoisier VS	7.000
Hennessy V.S.O.P	10.000
Limoncello	5.000
Alexander Grappa Bianca	5.000



GIN

Beefeater	6.000
Gordon’s Dry	5.000
Bombay Sapphire	6.000
Hendrick’s	7.000
Tanqueray	6.000

LIQUEUR

Baileys Original	5.000
Cointreau	5.000
DK Amaretto	5.000
Dolin Vermouth Blanc	5.000
Jägermeister	5.000
Aperol	5.000
Campari	5.000
Fernet-Branca	5.000
Kahlúa	5.000
Ricard	5.000

BEER

Asahi	6.000
Peroni	6.000
Heineken	5.000
Corona	5.000
Budweiser	5.000
Bavaria	4.000
Tiger	4.000
Chang	5.000



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 Vintage are subject to change